REGINA metro®

NEWS WORTH SHARING.

THE STASH PROJECT: DAY 1

IN WHICH WE TRY TO CREATE A NEW #WEBSUPERSTAR

PAGES 4 & 5

TROOPS ON EDGE

A soldier under Russian command restrains a colleague after he fired his weapon into the air and screamed orders to turn back at an approaching group of more than 100 unarmed Ukrainian troops at the Belbek airbase, which the Russian troops are occupying, in Crimea on Tuesday in Lubimovka, Ukraine. More coverage, pages 2 & 3. SEAN GALLUP/GETTY IMAGES

Federal cuts could hurt children on reserves: Advocate

Warning. Bands desperately need cash for early intervention program, Pringle says

Saskatchewan's child and youth advocate says he's worried about First Nations children because federal funding has been cut for an early intervention program.

Bob Pringle said Ottawa provided the money to bands, which used the cash to contract services through the province's Early Childhood Intervention Program.

That funding is to be cut at the end of June, he said.

"What the bands are concerned about is that they're already short funding," Pringle said in an interview on Tuesday.

"So if they lose this federal money for the Early Childhood Intervention Program for children in their communities, they're going to have to take money from existing funds to fund these services if they want them to continue, but it will not be from this pool of 1.2 or whatever million dollars."

The program helped young children with developmental delays prepare for school.

Staff also organized medical outreach clinics and brought specialists to the north so that families didn't have to travel hundreds of kilometres to Saskatoon.

"We understand that is in jeopardy because the specialists are indicating that there's no point in providing a diagnosis ... if there's no one there to provide the service," Pringle said.

The advocate said program staff worked with 159 children living on reserves last year, but he added there are many more who need services — if there were more money.

Pringle said cutting the funding runs counter to the idea of giving children a good start in life.

"We should be expanding the support to make sure that children on reserve are school-ready, but also that children have a right to equal services no matter where they're living in the province." THE CANADIAN PRESS

Equal opportunity

"We should be expanding the support to make sure that children on reserve are school-ready, but also that children have a right to equal services no matter where they're living in the province."

Bob Pringle, Saskatchewan's child and youth advocate

Ambassador COFFEE BOUTIQUE
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Regina SK, S4V 2Z3
T: (306) 569-3777
4127 Rochdale Boulevard
Regina, SK S4X 4P7
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Emergency funding

Province commits $60K to Ukraine

The government of Saskatchewan is pledging $60,000 in emergency assistance funding to Ukraine, as that country grapples with seismic political upheaval following the ouster of controversial president Viktor Yanukovych.

The Saskatchewan Party government and opposition New Democrats supported a motion for the aid in the legislative house on Tuesday. The funds will be directed to a special assistance account managed by a group of charities working in the former Soviet republic.

"We're going to work with the Saskatchewan chapter of the Ukrainian Canadian Congress. That's where the dollars will go," Finance Minister Ken Krawetz said after the motion was passed.

Krawetz, himself of Ukrainian descent, said medical assistance is the most pressing need in that country, as countless people nurse injuries suffered in recent clashes between demonstrators and authorities in Kyiv.

"There are people suffering from severe burns, there are amputations of limbs ... and even very serious eye injuries," he noted.

Volodymyr Makhov. MARCO VIGLIOTTI/METRO

NDP Leader Cam Broten said the money is important in demonstrating the province's support for the embattled country.

Members of Saskatchewan's Ukrainian community were at the legislature. Volodymyr Makhov, who immigrated from Ukraine in 2005, said his mother there is ready to pack and leave if necessary.

"We're prepared for everything," he added.

MARCO VIGLIOTTI/METRO

Sask. man sleeps outdoors, braving Prairie winters

Outdoor survival.
Colin Frey passes his wisdom to youth through his company Renewed by Nature

SARAH TAGUIAM
sarah.taguiam@metronews.ca

Modern-day pioneer

In his spare time, Frey experiments with building winter shelters.

- **He recently made a sled out of old hockey sticks and cross-country skis to be pulled by his dog Taz.**

If you can't beat them, join them. Even embrace them.

That's how Colin Frey of Pense, Sask., deals with harsh winters on the Prairies.

"When people talk about survival, they automatically think we need to defeat nature — but I prefer to learn how to live in nature and be as comfortable as I can," Frey, who lives about 35 kilometres west of Regina, told Metro on Tuesday.

Since he was a child, he has loved camping, and he never wants to stop camping once the snow starts falling.

So Frey learned long ago how to build shelters like igloos and quinzees, the latter of which are made by hollowing out piles of packed snow.

To test his limits, the 51-year-old professional instructor in outdoor skills commonly takes winter hikes for several days at a time and sleeps in the often-bitter conditions.

His most recent accomplishment? Sleeping in a quinzee this past Saturday night, when the temperature across much of southern Saskatchewan dropped below -30 C and the wind chill was in the -50s.

"It gives me a sense of freedom and independence," Frey said, "so that I'm not relying so much on modern trappings."

Fuelled mostly by his body heat, the temperature in the quinzee in his yard that night was at least 10 degrees warmer than outside it.

Last week, he took a group of teenaged students out at night to let them try their outdoor skills.

"For a lot of them, it was the coldest night they've ever had," Frey said, "and they felt very accomplished after sleeping in the quinzee."

Colin Frey frequently sleeps in a quinzee, such as on Saturday night when the temperature was below -30 C and the wind chill dropped to the -50s. Inset: He and his wife, Roxanne, and dog Taz take a homemade sled for a spin near their home. SARAH TAGUIAM/METRO

Regina-based musician wins over Latin world

Jeffery Straker, centre, performs in Chile. COURTESY JEFFERY STRAKER

Jeffery Straker has taken over the Latin music world, and is back in Saskatchewan to celebrate.

The Regina-based singer and pianist has won a pop competition at the 55th Viña Del Mar International Song Festival in Chile, perhaps the biggest music event in the Spanish-speaking world. "I still can't wrap my head around it ... but it's exactly what I hoped for," Straker told Metro in Regina on Tuesday.

From Feb. 23 to 27, Straker competed against five international artists, and ended up with a grand prize of a trophy and $50,000 US.

The show was broadcast to 100 million television viewers across South America and beyond and he played in front of 20,000 people.

"When you're performing, you're not really aware of the scope of the audience — so I didn't realize how big the impact is until after," said Straker, who sang his single Hypnotized.

His victory has already opened doors. Minutes after being proclaimed the winner, Straker was fielding calls from booking agents.

So far, he's set to perform at festivals in Mexico in May, in Chile in June and in Peru in November.

Straker also has a show slated for Regina on March 14 at the Lancaster Taphouse. He will tour Saskatchewan, Manitoba, Ontario and Canada's East Coast from March until May.

SARAH TAGUIAM/METRO REGINA

CRIMEA CRISIS

IVAN SEKRETAREV/THE ASSOCIATED PRESS

Manpower

300

Col. Yuri Mamchur, pictured here, led around 300 unarmed Ukrainian officers to the base outside Sevastopol, Ukraine, in a peaceful attempt to retake their airfield. Russian soldiers drove the troops back by firing warning shots into the air.

Concern

"We are worried. But we will not give up our base."

Ukrainian Capt. Nikolai Syomko, an air force radio electrician patrolling the back of the compound. He said the soldiers felt they were being held hostage, caught between Russia and Ukraine.

Standoffs

Russia's seizure of Crimea has not gone as smoothly as Moscow may have expected. Ukrainian soldiers have refused to hand over weapons or switch allegiances, resulting in standoffs between men surprised to find themselves on opposing sides.

Putin ratchets down tensions over Ukraine

Tough talk. Russian president takes jabs at the West, insists he has no intention of annexing Crimea or fighting 'the Ukrainian people'

Quoted

"We hope that Russia will understand its responsibility in destabilizing the security situation in Europe, that Russia will realize that Ukraine is an independent state and that Russian troops will leave the territory of Ukraine." Ukraine Prime Minister Arseniy Yatsenyuk

Vladimir Putin talked tough but cooled tensions in the Ukraine crisis in his first comments since its president fled, saying Russia has no intention "to fight the Ukrainian people" but reserved the right to use force. As the Russian president held court Tuesday in his personal residence, U.S. Secretary of State John Kerry met with Kyiv's fledgling government and Moscow agreed to sit down with NATO.

Although nerves remained on edge in Crimea, with Russian troops firing warning shots to ward off Ukrainian soldiers, global markets catapulted higher on tentative signals that the Kremlin was not seeking to escalate the conflict. Kerry brought a $1-billion aid package to a Ukraine fighting to fend off bankruptcy.

Putin delivered a characteristic performance filled with earthy language, macho swagger and sarcastic jibes, accusing the West of promoting an "unconstitutional coup" in Ukraine. At one point he compared the U.S. role in Ukraine to an experiment with "lab rats."

But the overall message appeared to be one of de-escalation. "It seems to me (Ukraine) is gradually stabilizing," Putin said. "We have no enemies in Ukraine. Ukraine is a friendly state." He tempered those comments by warning that Russia was willing to use "all means at our disposal" to protect ethnic Russians in the country.

Significantly, Russia agreed to a NATO request to hold a special meeting to discuss Ukraine on Wednesday in Brussels, opening up a possible diplomatic channel in a conflict that still holds monumental hazards and uncertainties.

In his meeting with reporters on Tuesday, Putin said Russia had no intention of annexing Crimea, and hammered away at his message that the West was to blame for Ukraine's turmoil, saying its actions were driving Ukraine into anarchy.

Russia's Foreign Ministry derided U.S. threats of punitive measures as a "failure to enforce its will and its vision of the 'right' and 'wrong' side of history" — a swipe at President Barack Obama's statement Monday that Russia was "on the wrong side of history."

THE ASSOCIATED PRESS

Russian President Vladimir Putin listens to journalists' questions at the presidential residence outside Moscow on Tuesday. ALEXEI NIKOLSKY/RIA NOVOSTI/THE ASSOCIATED PRESS

Fraying ties

PM: Joint military operations with Russia scrapped

Canada has suspended all joint military activities with Russia, Prime Minister Stephen Harper said Tuesday as Vladimir Putin lashed out at threats of sanctions and accused the West of sowing divisions within Ukraine.

Canada will no longer take part in an anti-terrorism drill involving Canadian and Russian air forces and has pulled out of scheduled meetings, Harper said in a statement.

The prime minister also threatened to further sever the already frayed ties between the two countries.

"We continue to view the situation in Ukraine with the gravest concern and will continue to review our relations with President Putin's government accordingly," the statement said.

Foreign Affairs Minister John Baird — who met Tuesday with Ukraine's ambassador to Canada — scoffed at Putin's justification for sending troops into Ukraine.

"These Soviet-style tactics are dangerous and tremendously destabilizing to the whole region," Baird said. THE CANADIAN PRESS

Ottawa shows solidarity

The Ukrainain flag flies on Parliament Hill in Ottawa on Tuesday, the day after the House of Commons passed a motion condemning Russia's incursion into Ukraine.

FRED CHARTRAND/THE CANADIAN PRESS

Be afraid, Lil Bub — it's Stash!

Metro attempts to make this cat go viral

So how do things go viral, anyway?

SHANE GIBSON
Metro in Winnipeg

On the surface, pictures of cats in hats, grown men pretending to be Star Wars characters and a link that unexpectedly opens a video by a one-hit wonder from the '80s all seem like just good ways to have a chuckle while frittering away time at work. But in reality, Internet memes have become a serious business.

Sites like cheezburger.com — credited with bringing into the mainstream the whole cute-cat-picture thing you'll know from your Facebook feed — are worth big money. But that wouldn't be possible if they were run by a couple of bored office workers looking at pictures of cats; a site can only be worth millions if its content is seen by millions. In other, more au courant words, it has to go viral.

But, we wondered, at what point can it be said that something has gone viral? And how exactly does that even happen?

Generating buzz

"One of the funny things about it is if you're intentionally trying to start a meme you have to look like you're not intentionally trying to start it."
Social-media expert Tim Hwang

If anyone knows the answers, it's San Francisco based Tim Hwang. He's been chuckling at memes and image macros since before it was cool and, having surmised somewhere along the way that he was an authority on the subject, organized ROFLCon, the first Internet-culture convention, which debuted in 2008.

It's not an exact science, the 27-year-old self-described social-media expert told Metro, but there are a few things to keep in mind if you want your picture of little Fluffy to explode online.

"One of the funny things about it is if you're intentionally trying to start a meme you have to look like you're not intentionally trying to start it," he said.

Hwang believes the culture's most recognized memes share two properties. The first is simplicity. "For Grumpy Cat, for example, there was one funny image that people could Photoshop.... They've been successful because it's really easy for people to contribute." The second is malleability, which allows audiences to customize and then reshare the images. "Memes need to provide a way for you to participate online to be successful," Hwang said.

"The really interesting thing about memes is that, certainly in the last few years, the world for them has gotten a lot more commercialized. Which is both good and bad.... I think it's been a trade-off. It's really great that a lot more people are connected to the culture of the web, but in some ways the Internet has lost some of its original community feel."

Hwang said that to truly go viral most successful memes and image macros need time online to pick up a dedicated following, and then need the help of mainstream media to really explode. Metro, being part of the mainstream media, decided not to press our built-in advantage on Step 2, the better to understand Step 1 from the point of view of a normal Internet user.

Internet cat-lebrities

Lil Bub

Known for her perma-kitten appearance, Lil Bub is a dwarf cat with a lolling tongue and a big heart. She's spawned a merchandise empire, and boasts an impressive array of social media followers. She even has her own talk show.

By the numbers:

Born: June 21, 2011
Facebook fans: 645,000
Twitter followers: 34,500
Instagram: 358,000
YouTube subscribers: 105,000

Nala Cat

Quite possibly the only cat with over one million Instagram followers, Nala is a Siamese-Tabby mix known for her blue eyes and love of bow ties.

By the numbers:

Estimated age: 3
Facebook fans: 110,627
Instagram: 1,100,000

Meet Stash the Moustache Cat ...

Cute, cuddly and the main character in our quest for worldwide fame, this cat possesses a unique look. Stash came to her owner, Metro Winnipeg managing editor Elisha Dacey, in a special way: Stash and his sister Mya were found abandoned in a box and taken to a local pet shelter, which already had an abundance of kittens and was hoping for some press coverage to spur adoptions.

Reporter Shane Gibson took a photo of Stash, and it was love at first black-hair-fluff-under-nose sight.

Dacey wasted no time in adopting Stash, along with his sister, Mya.

We all know the Internet runs on cats. Stash, with his ridiculous moustache, proved the purr-fect protagonist in our quest to answer some culturally pertinent questions: How easy is it to make a cat popular online?

How popular would this particular (and particularly moustachioed) cat have to get before we could fairly call him a viral sensation, like Lil Bub?

Our answer may surprise you. **Bernice Pontanilla/Metro in Winnipeg**

Online

For a video and photos of Stash and more, go to metronews.ca

The virality checklist

Tim Hwang said that deciding whether something has gone viral is fundamentally subjective and that it's impossible to set purely numerical targets. But for the purposes of our experiment, he suggested some broad categories against which to evaluate our success.

SHANE GIBSON/METRO IN WINNIPEG

1. **How many Instagram followers can we accumulate?**
2. **How many images can we collect from followers? (That is, how many times did someone use our 'template' to create a new meme?)**
3. **How much action on Reddit, the self-proclaimed front page of the Internet, can we generate?**
4. **How much traffic can we drive to Stash's website, stashthemoustachecat.com?**
5. **How many views of Stash's Imgur pictures can we achieve?**

Maru

One of the first cats to garner online fame, Maru is a Scottish fold from Japan whose fascination with boxes has been delighting YouTube users for years.

By the numbers:

Born: May 24, 2007
YouTube subscribers: 428,000

From cats to coups in the 'Global Village'

It was University of Manitoba graduate and University of Toronto professor Marshall McLuhan who coined the term the "Global Village" back in the early 1960s.

Though the Internet arrived years after McLuhan's death, he foresaw that technological advances would bring about a world that would once again be reduced to a village, albeit a very large one.

McLuhan's vision, one can easily argue, has come true: Trends and news now travel at the speed of a click.

And while it occurs for such silly things as music videos — think Psy's Gangnam Style, which has 1.9 billion views and counting — it has also proved useful for serious events such as the recent crisis in Ukraine.

BERNICE PONTANILLA/METRO IN WINNIPEG

Canadian prophet

"The new electronic interdependence recreates the world in the image of a global village."

Canadian communication theorist and intellectual Marshall McLuhan (1911-1980)

N.S. Bar society told to tolerate B.C. Christian school's anti-gay rules

Excluding law school graduates from working in Nova Scotia because they attended a university that prohibits same-sex intimacy would be discriminatory, the university's president told the province's bar society Tuesday.

Bob Kuhn, president of Trinity Western University, told the Nova Scotia Barristers' Society in Halifax it would be unfair if it did not recognize law school degrees from his school because of its community covenant that requires students, faculty and staff to respect Christian values.

"That's an audacious example of prejudice," Kuhn told the panel in his two-hour submission.

The faith-based university in Langley, B.C., wants to open a law school in 2016, and a society panel is holding hearings to determine whether it should allow its graduates to article, and potentially practice, in Nova Scotia.

THE CANADIAN PRESS

Michigan

It's OK if you are annoying

It's soon expected to be OK to be wilfully annoying in Grand Rapids.

The Grand Rapids Press reports that the city commission is nixing a 38-year-old section of city code that states "no person shall wilfully annoy another person."

City attorney Catherine Mish recommended repealing the language, saying the wording is vague and unenforceable.

Last year, rules that got a look included one prohibiting people from riding horses on a sidewalk and another allowing jail time for failing to return a library book.

THE ASSOCIATED PRESS

Ford says his appearance on Kimmel show a success

Toronto Mayor Rob Ford has his forehead wiped by host Jimmy Kimmel on the late night talk show Jimmy Kimmel Live on Monday night in Los Angeles. ANDY HOLMES/THE ASSOCIATED PRESS

'Bananas for Rob.' Ford said he received support after the show and denied that Kimmel had made a fool out of him

Mayor Rob Ford rejected suggestions on Tuesday that late-night TV comedian Jimmy Kimmel had humiliated him, and denied needing help for substance abuse.

Speaking at city hall after his trip to Los Angeles, an upbeat Ford sloughed off Kimmel's reruns of several embarrassing videos and his suggestion the mayor find someone to talk to about his addictions.

"I don't have any personal issues," Ford said.

"We've gone down that road a number of times."

For much of his 15-minute appearance on Jimmy Kimmel Live late Monday, the mayor looked uncomfortable as the comedian razzed him over a serious of incidents that have garnered Ford worldwide attention.

"Our first guest tonight has tripped, bumped, danced, argued and smoked his way into our national consciousness," Kimmel said by way of introduction.

Ford said he had received a "lot of support" following his appearance and denied that Kimmel had made a fool out of him.

"I knew I was going into a lion's den but I held my own," the mayor said.

Kimmel drew laughs from the studio audience by playing several videos that have gone viral, including ones from a meeting in which Ford mimes a drunk driver, dances in council chambers and almost knocks down a fellow councillor.

THE CANADIAN PRESS

Mardi Gras celebrations in New Orleans

Members of the Krewe of Zulu hold painted coconuts to give to parade-goers as they march during Mardi Gras in New Orleans on Tuesday. The Zulu parade began on schedule, led by a New Orleans police vanguard on horseback that included Mayor Mitch Landrieu. GERALD HERBERT/THE ASSOCIATED PRESS

Kentucky. Governor says state will appeal gay-marriage case

The governor of Kentucky said Tuesday the state will hire outside attorneys to appeal a judge's decision granting legal recognition to same-sex couples married in other states and countries after the attorney general announced that he would not pursue the case further.

The split legal decisions from two Democrats come four days after a federal judge gave the socially conservative southern state 21 days to implement a ruling overturning a voter-imposed ban on recognizing same-sex unions.

The disagreement comes against the backdrop of similar rulings or actions in several other states where same-sex couples have long fought for the right to marry. Gay-marriage advocates have enjoyed a stunning series of legal victories as judges have overturned voter-approved bans in Texas, Oklahoma, Utah and Virginia.

At least 17 states, mostly in the Northeast and Washington, D.C., allow same-sex marriage. Others may soon follow depending on how federal appeals courts, and eventually the U.S. Supreme Court, rule on state bans that have been overturned.

Kentucky Gov. Steve Beshear
THE ASSOCIATED PRESS

Six federal judges have issued pro-gay-marriage rulings since the Supreme Court's decision last June that struck down part of the federal anti-gay-marriage law. The latest came last week in Texas.

On Tuesday, Kentucky Attorney General Jack Conway said at a news conference that he decided he would not appeal the case because "I would be defending discrimination. That I will not do."

THE ASSOCIATED PRESS

Berlin Police

Breast implants no reason to keep woman off the force: Court

A German court has ruled that a prospective Berlin police recruit's breast implants cannot legally be used as grounds to keep her off the force.

The woman applied in 2012 to join the Berlin police force, but was rejected after authorities said her breast implants would prevent her from wearing a protective vest or riot gear. They argued the implants would mean the protective gear put so much pressure on her chest that there was a risk of fibrosis or other health problems.

But a Berlin administrative court on Tuesday upheld her challenge of the decision, saying a doctor testified that protective gear should cause no greater health problems for a woman with implants than without.

The woman's name was not released due to German privacy rules.

THE ASSOCIATED PRESS

Dear America, please approve Keystone XL

Sincerely, Canada.

Our government has sent the U.S. a letter asking that the pipeline get the OK from Obama

The Canadian government is expressing a desire to work with the United States on reducing oil and gas pollution in a letter to the Obama administration that calls for approval of the Keystone XL pipeline.

The letter argues the merits of the pipeline on environmental, economic and energy-security grounds — and it suggests a willingness, without offering specifics, to take additional steps to curb greenhouse-gas emissions.

From, Canada's ambassador

"Our energy and environment officials are currently assessing common energy issues, including potential oil and gas issues, which we could usefully address together."

Said the note to U.S. Secretary of State John Kerry, dated Feb. 28 and released Tuesday.

The three-page note from Canada's ambassador to Washington, Gary Doer, says the two countries have already worked together on different climate initiatives, including vehicle-emissions standards, and they can do more.

THE CANADIAN PRESS

Getting feedback

U.S. Secretary of State John Kerry is leading a regulatory review of TransCanada Corp.'s pipeline proposal and is accepting public comments during a 90-day national-interest determination phase, including the letter from the Canadian government.

Fiscal plan? Pssh! Have you heard about my recess plans?

U.S. President Barack Obama sits with Marcus Wesby and other preschool students during his visit to Powell Elementary School in the Petworth neighbourhood of Washington on Tuesday. Obama visited the school to talk about his fiscal 2015 federal budget proposal, which was released Tuesday. The blueprint for fiscal 2015, which begins Oct. 1, includes new spending for preschool education and job training, expanded tax credits for 13.5 million low-income workers without children and more than $1 trillion US in higher taxes over the next decade, mostly for the wealthiest Americans and corporations. PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

Poll finds

Average RRSP contribution dips

Two-thirds of Canadians polled would like to have put more money into their RRSPs for the 2013 tax year, according to a new survey that found average contributions were down slightly.

The Bank of Montreal's RRSP deadline survey, conducted last week, said that Canadians were contributing an average of $3,518 to their RRSPs, down $26 from an average of $3,544 for the 2012 tax year.

"It looks like from one year to the next, we're consistent," said Chris Buttigieg, senior manager of wealth planning strategy at BMO Financial Group.

"If it was down $1,000, I'd be concerned," Buttigieg said from Toronto.

THE CANADIAN PRESS

Market Minute

DOLLAR
90.09¢ (-0.13¢)

TSX
14,289.86 (+77.12)

OIL
$103.33 US (-$1.59)

GOLD
$1,337.90 (-$12.40)

Natural gas: $4.64 US (+$0.14)
Dow Jones: 16,395.88 (+227.85)

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Offer excludes charges for freight and air tax ($1,700), options, license, fuel fill charge, insurance, dealer PDI, PPSA (if financed or leased), administration fees, any other applicable environmental charges/fees and taxes. All prices are based on Manufacturer's Suggested Retail Price. † Until April 30, 2014, receive 0% APR purchase financing on new 2014 Edge models for up to 48 months. Taurus and Escape models for up to 60 months, and Ford Focus (excluding BEV) and Fiesta models for up to 72 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: $25,000 purchase financed at 0% APR for 48/60/72 months, monthly payment is $520.83/$416.66/$347.22, cost of borrowing is $0 or APR of 0% and total to be repaid is $25,000. Down payment on purchase financing offers may be required based on approved credit from Ford Credit. ^ Until April 31, 2014, receive [0.99%/0.99%/2.99%/2.49%] APR purchase financing on new 2014 Ford [Fiesta S/Focus S/Fusion S/Escape S FWD 2.5L] models for up to 84 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Get the above for [$11,999/$12,999/$21,999/$23,249] purchase financed at [0.99%/0.99%/2.99%/2.49%] APR for 84 months, with $0 down payment, monthly payment is [$140/$164/$291/$302] after total Manufacturer Rebates ([$2,500/$2,500/$0/$0] deducted). (The sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of [$68/$74/$134/$139], interest cost of borrowing is [$377/$489/$2,386/$2,045] or APR of [0.99%/0.99%/2.99%/2.49%] and total to be repaid is [$12,376/$13,468/$24,386/$25,298]). Down payment may be required based on approved credit from Ford Credit. All purchase finance offers exclude charges for freight and air tax ($1,700), options, license, PPSA, fuel fill charge, insurance, dealer PDI, administration fees, and any other applicable environmental charges/fees and taxes. All prices are based on Manufacturer's Suggested Retail Price. ^^ Estimated fuel consumption ratings for the 2014 Fiesta 1.6L / 6-Speed Manual or 6-Speed Automatic, 2014 Focus 2.0L I4 S-Speed Manual, 2014 Fusion FWD 2.5L I-4 6-Speed SST, 2014 Escape 2.0L ECOBOOST I4 6-Speed Automatic. Fuel consumption ratings based on Transport Canada-approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. • Based on Natural Resources Canada's city and highway ratings for Ford models, 1995 through 2014. Actual results may vary. ** Offer only available at participating Ford dealers with the purchase of lease of a new 2014 Fiesta, Focus, C-MAX Hybrid, Fusion Hybrid (up to 1,000 litres); Fusion, Mustang, Taurus, Escape (up to 1,500 litres); and Flex, Explorer, Edge, Expedition (up to 2,000 litres) - all diesel models are excluded. $0.99 price lock ("Price Lock") amount may only be redeemed for regular grade fuel at participating Esso gas stations and applies when regular grade fuel is priced between $1.15 and $1.50 per litre at the participating Esso gas station where the redemption takes place. Where regular grade fuel is priced above $1.50 per litre, customer will receive a $0.155 per litre discount off of the regular grade fuel price, and where regular grade fuel is priced below $1.15, customer will receive a $0.28 discount off of the regular grade fuel price. See dealer for Extra Grade and Premium Grade fuel discount structure and for full offer details. ‡ Based on 2007 - 2013 R. L. Polk vehicle registrations data for Canada in the Large Premium Utility, Large Traditional Utility, Large Utility, Medium Premium Utility, Medium Utility, Small Premium Utility, and Small Utility segments. + Estimated fuel consumption using Environment Canada approved test methods. 2014 Ford Fiesta with 1.0L EcoBoost engine. Class is Subcompact Car versus 2013 competitors. Subcompact Car class and competitor data based on 2013 MIE on Vehicle Class ratings and classifications for subcompact cars with regular gasoline. ‡‡Claim based on analysis by Ford of Polk global new registration for CY2012 for a single nameplate which excludes rebadged vehicle, platform derivatives or other vehicle nameplate versions. ©2014 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under license. ©2014 Ford Motor Company of Canada, Limited. All rights reserved.

THERE'S A DIRE NEED FOR ... CLOWNS?

JUST SAYIN'

Paul Sullivan
metronews.ca

There's a worldwide shortage of clowns.

I'm not clowning around. I'm serious. According to an "exclusive" story in the New York Daily News, the membership of the World Clown Association has declined by 1,000 in the past decade, from 3,500 to 2,500.

This has implications for the future of clowning:

Instead of "Send in the clowns," we'll have to change the lyrics to "Send in a clown" or "Is there a clown around?"

At the point in the circus where all the clowns pile out of the VW Beetle, we'll have to add a few acrobats and lion tamers to beef up the numbers. Maybe the plate spinner and the knife thrower.

Desperate times. It's enough to wipe the smile off any clown's face, but of course you can't do that because it's painted on.

Various reasons are offered for the decline but the main one is attrition. The old clowns are dying off, and there aren't enough young ones ready to take over. Young people who think they're funny go into stand-up comedy, where you don't need a red nose, just a potty mouth.

But I think the real culprit is Stephen King, who wrote about a creepy clown called Pennywise in It, the scariest novel ever written, back in 1986. Pennywise offered kids balloons and then ate them (the kids, not the balloons).

Clowns have never been the same since. Instead of lovable old Bozo, we have Krusty of the Simpsons, the disreputable echo of Pennywise.

Of course, there was the notorious real-life creepy clown John Wayne Gacy — the Chicago serial killer who was responsible for at least 33 deaths throughout the '70s of young men and boys. When he wasn't murdering people and burying them under his porch, he entertained children as Pogo the Clown.

After Pogo, Pennywise and Krusty, no one in their right mind would want to be a clown.

It's too bad, really. A clown can happy up a birthday party, but these days Princess doesn't want some dumb old clown; she wants Justin Bieber — and the way he's going, he'll be doing birthday parties by July.

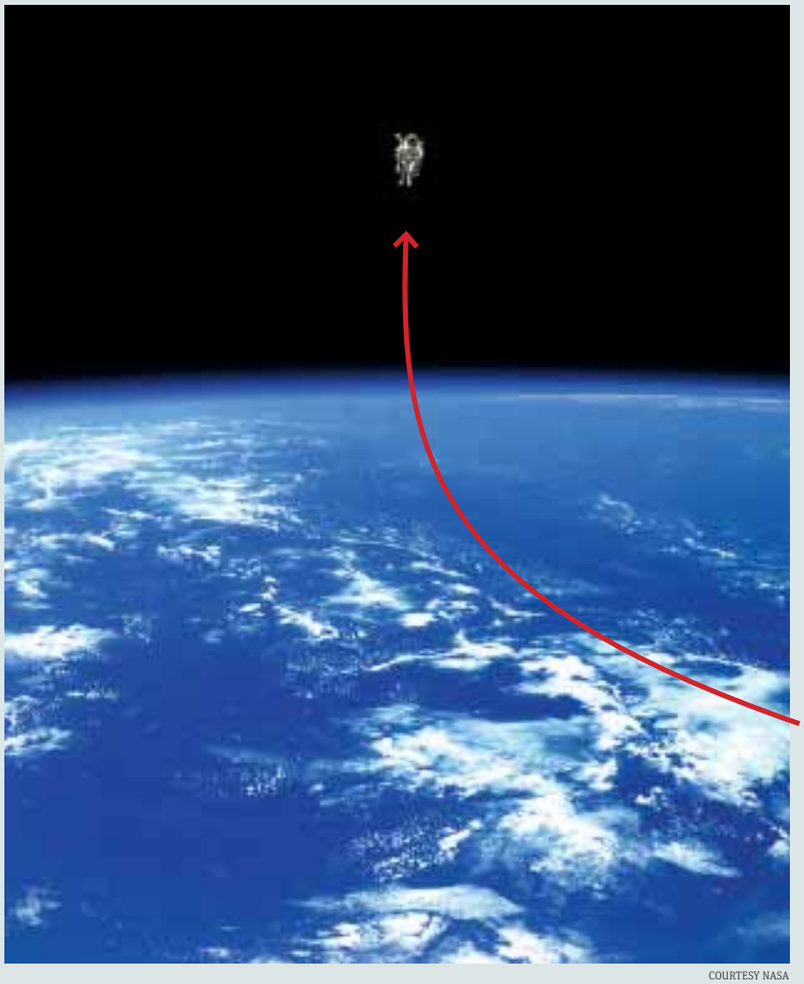
Talk about creepy clowns.

If this keeps up they may have to lower the standards at clown boot camp. Yep, at last year's Ringling Bros. Clown College (it's hard to resist the urge to spell everything with a "K," as in Klown Kollege) only 14 out of 531 applicants were selected to attend boot camp (Clown Feet 101? Introductory Pratfalls?) and only 11 of those were hired on to the circus.

At that rate they'll have to retire the VW Beetle. Smart car, maybe?

ZOOM

Oscar-worthy picture by NASA



COURTESY NASA

Gravity images outshine movie

Space drama Gravity was the big winner on Oscar night — now savour the movie's inspiration. NASA has released spectacular real-life space photos that are strikingly reminiscent of the jaw-dropping scenes and panoramas from the movie. The space agency tweeted the set of archive images under #RealGravity. METRO

Astronaut says

"I told (Sandra Bullock) that I had long hair, and if you pulled a hair out and pushed it against something, you could move yourself across the space station. That's how little force it takes."

NASA Expedition 26 astronaut Cady Coleman, explaining to Gravity star Sandra Bullock what life is like in micro gravity.

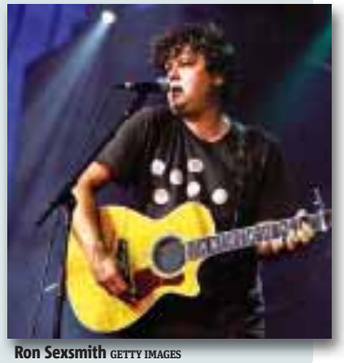
Art imitates life

In this 1984 image that showcases the chilling yet beautiful isolation of space, NASA astronaut Bruce McCandless II was photographed further away from his spaceship than any other astronaut in history. He was able to do so thanks to a nitrogen jet-propelled backpack. He was 98 metres from the Challenger orbiter. METRO

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Despite the best efforts of a certain lamentable patent troll, podcasting is still going strong and the diversity of presentations, subjects and gimmicks becomes more diverse by the day. Here are three can't-miss subscriptions on iTunes.



Ron Sexsmith GETTY IMAGES

Sodajerker:

A British songwriting team turns their love of music into an excuse to talk songwriting with some of their heroes. Nick Lowe, Johnny Marr, Rufus Wainwright and Ron Sexsmith are just a few of the many to sit down to talk about their lives, their feuds and, of course, their songs.

Welcome To Night Vale:

We've already mentioned the wonderfully weird premise of a community radio station broadcasting from a small town besieged by supernatural events and the machinations of mysterious, all-powerful figures. However, I still meet people who have never heard of it — even though they have a perfectly good Internet connection. Absurd.

IRL Talk:

Formerly known as Geek Friday, the new name manages to hang onto the Internet jargon while not scaring away those too delicate to handle being called a *spit* geek. But the material remains the same — witty talk about whatever foolishness or tech is hot this week, alongside evergreen topics like the loathsomeness of trolls or the great butlers of pop culture history.

Comments

RE: Proper Spelling Is Sexy, says Metro's Jessica Napier, published March 4

there is nothing wrong with "donut". there's nothing wrong with "text-speak". you write as if something vaguely horrible will happen if we don't quickly fix all these terrible things that are destroying language. there is no evidence anywhere that we're all being hopelessly confused by the lack of a comma. linguists know this perfectly well, but authors like Lynne Truss only fan the flames of this manufactured "grammar police state". ugh.

Hank posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

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Creator goes WABAC to Rocky & Bullwinkle well

Improbable history.
Time-travelling cult TV cartoon characters get big-screen treatment

IN FOCUS
Richard Crouse
scene@metronews.ca

Rocky & Bullwinkle spinoff Mr. Peabody & Sherman stars the voices of Modern Family's Ty Burrell, Stephen Colbert and Leslie Mann. CONTRIBUTED

Jay Ward may not be a household name, but many of the characters he created are.

As the grand poobah at Jay Ward Productions he produced the animated television shows that gave us Rocky & Bullwinkle, Dudley Do-Right, Peabody and Sherman and George of the Jungle among others.

His cartoons weren't just for kids. The Los Angeles Times wrote, "The good ones, which Ward was a master at creating, worked at two levels: One direct and another wonderfully satiric."

This weekend his characters take over the big screen in Mr. Peabody & Sherman, an animated film starring the voices of Modern Family's Ty Burrell, Stephen Colbert and Leslie Mann.

Mr. Peabody & Sherman isn't the first film based on Ward's characters.

In a 1992 television movie (originally shot in 1988 for theatrical release) SCTV alum Dave Thomas played Boris Badenov, "world's greatest no-goodnik." With his partner-in-crime Natasha Fatale (Sally Kellerman) he leaves Pottsylvania for the United States to retrieve a microchip. TV Guide said, "as a 90-minute feature film, it's at least 80 minutes too long," but it's worth a gander to see one of the rare live action performances of June Foray, the original voice of Rocky.

Finding their 'wayback'

Based on Peabody's Improbable History segment from the Rocky and Bullwinkle Show, the movie sees the duo use the WABAC machine to ping pong through time, interacting with everyone from Marie Antoinette to King Tut to Leonardo da Vinci and Albert Einstein.

Brendan Fraser brought two of Ward's characters to life, George of the Jungle and Dudley Do-Right.

George of the Jungle is a riff on Tarzan. He's a boy raised in the jungle by an ape (John Cleese) but who never mastered the art of swinging from tree to tree. Rotten Tomatoes gives it a 56% Fresh Rating, but the film remains most memorable for the catchy "George, George/ George of the Jungle/ Strong as he can be/ Watch out for that tree," theme song by the Presidents of the United States of America.

Two years later Fraser was back in another Ward inspired movie about a bumbling Canadian Mountie called Dudley Do-Right who "always gets his man."

Co-starring with Sarah Jessica Parker and Alfred Molina, the story saw Dudley track his nemesis, the depraved Snidely Whiplash. Bad reviews — USA Today called it a "Dead-carcass spinoff of Jay Ward's animated TV favorite" — doomed the movie, but the character lives on as part of an amusement park ride called Dudley Do-Right's Ripsaw Falls at the Islands of Adventure theme park.

Finally, despite a big name cast — Jason Alexander, Rene Russo and John Goodman — The Adventures of Rocky & Bullwinkle bombed at the box office despite Robert De Niro doing a take on his famous "You talkin' to me?" speech from Taxi Driver.

Raising the goofy in the Big Brother house

The new crew of Big Brother Canada season two. CONTRIBUTED

The global Big Brother franchise is known for encouraging its outlandish participants to lie, manipulate and scheme their way through the game.

In the Canadian spinoff, the reality show also wants the backstabbing cast to provide plenty of laughs, and producer John Brunton says that meant seeking out some seriously funny house guests.

"Comedy combined with all of the drama and the tears and the heart-and-soul and the absolute insanity of it all, I think it's an important part of the mix," says Brunton, going on to compare the Canuck version to incarnations around the world.

In the scheme of things

Big Brother Canada returns Wednesday on Slice and Global, airing three nights a week, Wednesdays, Thursdays and Sundays on Slice.

"Perhaps we view that as an important part of the mix more than people do in some other places." The Slice series returns Wednesday with a whole new crew of attention-seekers ranging in age from a 20-year-old student to a 43-year-old Cape Town refugee.

Most of the 14 houseguests are in their 20s, with a 15th contender set to be revealed during the premiere.

Brunton says one of the surprises of last year's debut was how goofy things got — when people weren't having tantrums or tear-filled breakdowns, that is.

He's hoping for more of the same this year. THE CANADIAN PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Cameron Diaz ALL PHOTOS GETTY IMAGES

Cameron and Sofia finally Spike Jonze of contention

It took more than a decade, but Cameron Diaz has reportedly forgiven director Sofia Coppola for the perceived slight of Anna Faris' ditzy actress character in Lost in Translation, suspected by many to be based on Diaz as retaliation for her flirtation with Coppola's then-husband, Spike Jonze. "Sofia and Cameron have had an incredibly difficult relationship since 1999, the year Sofia married Spike. It only got worse when the film came out and it became pretty well-known that part of the movie was based on their real-life feud," a source tells Radar Online — though Coppola has downplayed the comparison. "There has been a thaw in the relationship between Sofia and Cameron in recent months. They had drinks this summer and cleared the air, possibly even paving the way for a future collaboration."

But the Lost in Translation damage isn't completely repaired, as Diaz is apparently still pretty miffed at Faris for her performance. "Cameron still refuses to talk to Anna," the source adds. "And she has never publicly addressed the movie scene in question. It's an off-limits topic."

Lena Dunham

Lena takes on Archie's girls Betty and Veronica

Lena Dunham is trading her usual clique of Girls for two other ladies: Betty and Veronica. Archie comics chief creative officer Roberto Aguirre-Sacasa has asked Dunham to write four new stories for the 75-year-old comic book series, and she readily agreed.

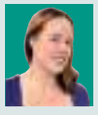
"We heard she was an Archie fanatic, and we run in similar circles, so I was able to reach out to her," Aguirre-Sacasa, who was also a writer on Glee, tells Comic Book Resources.

His lips are sealed as to what the new storyline will be, but he did say it is very contemporary and gives the classic comic book a unique spin.

"I was an avid collector of the comic as a child," Dunham says in a statement that was released after the news was announced. "Conventions, first editions that I kept in plastic sleeves, the whole shebang. It has so much cultural significance but also so much personal significance, and to get to play with these beloved characters is a wild creative opportunity."

The Word

ScarJo will be rocking the cradle with French fiancé



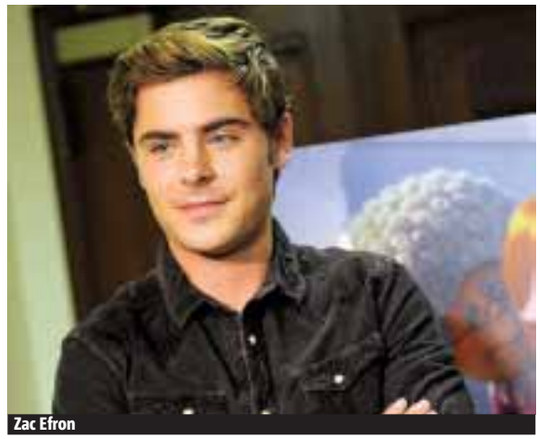
THE WORD
Dorothy Robinson
scene@metronews.ca

Scarlett Johansson, 29, is expecting a baby with her French fiancé, Romain Dauriac, E! News confirmed.

Not much is known about Johansson's baby daddy. Alternate reports have him as a journalist, the head of a creative agency and an advertising director. Whoever he is, he has excellent taste: Johansson showed off her ginormous vintage art deco engagement ring at the Venice Film Festival in September.

Did ScarJo know she was pregnant when she talked with the Daily Mail in December? "I would like to have my own family, that would be nice," she said. "They say it's never the right time and I am sure that's true, but I think you have to plan it like anything else." Looks like that time is now.

But what does the happy news mean for Johansson's next turn as Black Widow in Avengers: Age of Ultron? The actress is set to begin work on the sequel to the 2012 hit on April 5 following her promotional tour for Captain America: the Winter Soldier, and while Marvel Studios has no comment about adjusting her schedule, an insider says, "They're going to fast-track her scenes."



Zac Efron

Zac says no, no, no while recent rehabber Selena sips Oscars night away

While Zac Efron may have attended the Academy Awards festivities Sunday night with a sober coach in tow, recent rehab resident Selena Gomez reportedly let loose at the Vanity Fair Oscar party, sources tell Radar Online. The Spring Breakers star was "drinking constantly throughout the entire party when I saw her," a source says. "She was having a grand old time, and towards the tail end she was stumbling in her heels and almost toppled right over." In January, Gomez slipped off to an Arizona rehab facility for a two-week stay, though her rep said it was "not for substance abuse."

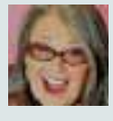
Thicke hopes reunion with Patton pending

Robin Thicke is pulling out all the stops in trying to win back estranged wife Paula Patton. Following a quick trip to Vancouver to try to make things work with Patton, Thicke has been using his live shows as a soapbox to proclaim his love, according to E! News. In Virginia last week, he told the crowd, "Me and my wife separated, but I'm trying to get my girl back" before launching into his hit Lost Without U. And this week, while performing in Atlantic City, he added Al Green's classic Let's Stay Together to his set list, preceding it with another heartfelt monologue:

Robin Thicke

"Never stop believing and you never stop loving. And even if it is over, make sure you treat each other right. Treat your family right," he told the crowd.

Twitter



@TheRealRoseanne
that f---ing google glass s--- wtf is that? is it like #bitcoin?

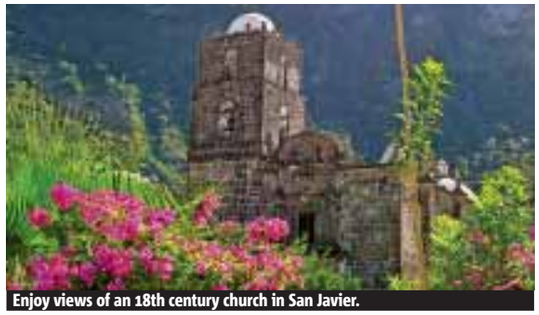
@bobsaget
Everything is awesome.

@officialjaden
Water In The Eyes And Alcohol In The Eyes Are Pretty Much The Same I Know This From First Hand Experience.

Finding the magic in Mexico

Loreto. This sleepy seaside village is the destination developers forgot — so get there before the hordes do

Loreto's new promenade makes for a pleasurable waterfront stroll. PHOTOS: THE ASSOCIATED PRESS



Enjoy views of an 18th century church in San Javier.

Efforts to turn the Mexican seaside village of Loreto into a major destination have been going on for years. So far, though, the results have been limited, and that in itself makes it worth visiting.

Loreto is already a gem — a historic town nestled between gold-hued mountains and the blue Sea of Cortez. It's known mainly to whale watchers (late winter), sport fishermen (year-round) and snowbirds who drive down from British Columbia.

Loreto was earmarked for tourism development 30 years ago, part of an initiative that also included Cancun, Ixtapa, parts of Oaxaca and Los Cabos. While the others flourished, the development of Loreto faltered. In a renewed effort two years ago, Mexico's tourism agency gave Loreto its "Magic Town" moniker, a label to promote places notable for natural beauty, cultural riches or historical relevance. Still, the international airport here welcomed only about 40,000 tourists last year, compared to the million or so who flew to Los Cabos, 480 kilometres to the south.

And there are no cruise ships. Instead, there is the Loreto Bay National Marine Park, a UNESCO World Heritage site made up of five islands accessible only by boat.

After a 90-minute flight from Los Angeles — the only U.S. gateway at present — you will find a town seemingly frozen by the economic downturn, with half-built hotels and empty storefronts.

You'll also find a bit of "old" Mexico. There are a fair number of people who speak no English, friendly ex-pats happy to offer suggestions, a scattering of small festivals, a soccer stadium with spirited games, and a local mariachi band that plays in khakis, not costumes. Following are some highlights.

History

Loreto became the first Spanish settlement on the Baja California peninsula when Jesuit missionaries established the Mission of Our Lady of Loreto in 1697. The baroque-style church still functions, and is used for weddings. An adjacent Mission Museum highlights not only the religious past, but also the political history, as Loreto served as the regional capital from 1697 to 1777. An 18th-century church popular with pilgrims is located an hour away, high in the Sierra de la Giganta mountains in the hamlet of San Javier. Lunch is available at a restaurant in the village, which only got full-time electricity in 2012.

Waterfront

A new, multimillion-dollar promenade makes for a pleasant waterfront stroll and provides for spectacular views east towards the islands. It passes a lighthouse and a small marina, where skippered pangas (small open boats with outboard motors) can be rented for about $100 for fishing, bird-watching, wildlife-viewing or a lift to the white-sand beach on Coronado Island. Farther down, the sidewalk runs past a city beach, empty during the January chill but for the permanent thatched-roof palapas that provide relief from the sun.

Beaches

The best beaches are a short drive from Loreto, but the roads are good and the travel easy. Thirty kilometres south is the community of Ensenada Blanca, which undoubtedly has the most spectacular views of the marine park. You can access the beach through a time-share property, the Villa Del Palmar. It sells a visitor pass for $65 US per person, which includes unlimited food and drinks, and use of the pools and beach from 10 a.m. to 6 p.m. THE ASSOCIATED PRESS

Dining

- **Canipole.** A spot that has no menu, no roof and an open kitchen, and provides traditional blankets for diners to wear when temperatures fall. The guacamole is made tableside, followed by the daily special, which usually contains divine mole.

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Bucket list

The Himalayas

This summer, head for the hills — you won't find anything more achingly beautiful than Northern India. Always a top spot for committed backpackers and mountaineers, this remote region welcomes the regular traveller via the inventive Shakti Village Experiences. These adventures offer private tours through a paradise of pristine nature. There is rafting, camping, camel riding and cooking classes, along with hikes to villages and temples. You stay in a traditional Himalayan home with a porter, chef and guides who keep things safe and comfortable. It is off the beaten track, but with niceties you wouldn't expect at 10,000 feet above sea level. Visit shaktihimalaya.com. DOUG WALLACE/METRO

Your travel questions answered

What's the deal?
Metro's globe-trotting columnist offers advice on common quandaries

ON THE MOVE
Loren Christie
life@metronews.ca

This week I'm answering some reader questions about travel.

Heading to Europe this summer. Where can I get the best bang for my buck?
According to Hotels.com's Hotel Price Index, which pinpoints cities where you can find affordable hotel rooms, you should be looking at capitals that all start with the letter B for the best value: think Brussels, Berlin and Budapest. Lisbon also makes the under $200-per-night cut. Additionally, the Portuguese capital offers great restaurant food at reasonable prices.

Can I get a prescription filled abroad?

Want to do Europe on the cheap? The cities that start with B — like Budapest — have the best hotel deals. ISTOCK

Pharmaceutical regulations are different in each country, so getting a supply of medicine on foreign soil isn't simple. Ensure the pills you are looking for are legal in your host country and know the generic name and dosage for the medication. Find an accredited, English-speaking physician through the local Canadian consulate or the International Association for Medical Assistance to Travellers (iamat.org).

Doctors, who are members, will often make house calls to hotels. Be sure to fill the prescription at a pharmacy recommended by that doctor or attached to a clinic or hospital, as counterfeit drugs have become increasingly common abroad.

Should you tip hotel room attendants?
Absolutely, they're often forgotten. I like to leave $2 to $5 per day, depending on extra touches provided, on the bed with a note of thanks. If you prefer to leave one tip at the end of a longer stay, leave an envelope at the front desk. Note your name and room number and dates of stay and ask to have it divided among all the staff who serviced your room.

Any tips on avoiding lost luggage?
When booking your trip, try a direct flight. If it's not possible, ensure you have ample time between flights for your bags to be transferred.

Book your trip on the same airline so if a bag is lost you are dealing with one airline versus two that may try and push the blame onto each other. Label your baggage with your name and contact information including cellphone number. For security reasons, use your work address, not your home address, and put labels on the inside and outside of your luggage in case the tags get ripped off.

Deal

Eurostar discounts

Until April 2, Rail Europe is giving 20 per cent off select high-speed Eurostar train tickets between London and Paris or Brussels. Those who book also get 10 per cent off London and Paris city passes, which are good for discounted tours, theatre tickets and restaurants, and — most important — for jumping to the head of the line at some sight-seeing sites. Visit raileurope.ca.
DOUG WALLACE/METRO

Trend

The Poshtel

Backpackers in Britain have never had it so good — with the introduction of the posh hostel — or poshtel. The U.K.'s Youth Hostel Association has spent more than $40 million on renovations to key hostels in Yorkshire, Norfolk, Kent and several other districts. Luxe perks now include things like en-suite bathrooms, bridal suites and on-site art galleries. Visit yha.org.uk.
DOUG WALLACE/METRO

How-to

Mind your money

1. Always travel with a small amount of the currency of the country you're visiting. (What if there's no bank machine at the airport or the exchange kiosk is closed?) 2. Tell both the bank and your credit card company where and when you're going. 3. Take leftover cash home and start a currency kit, using an accordion folder, so you'll have money at the ready for next time.
DOUG WALLACE/METRO

I believe that I'm being bullied

Tackling the torment. Investigate the intentions of your crotchety co-worker

PARISA NIKFARJAM
TalentEgg.ca

Does your workplace seem more like a warzone of late? Keep track of any hair-raising incidents in case you're ever required to report them. COLOURBOX

Are you being bullied at work? If your answer is yes, you're not alone. While employers are working harder than ever to create safe and inclusive workplaces for their employees, cases of workplace bullying persist.

Why?

There are numerous factors that contribute to the persistence of workplace bullying, including:

- Lack of awareness of the effects of bullying
- Inaccurate perception of performance management (i.e. the belief that pushing employees will deliver better and faster results)
- Workplace cultures that breed incivility

Whatever the reason, it is important to recognize that workplace bullying is not tolerated under the law.

For example, Ontario's Occupational Health and Safety Act (OHSA) sets out the rights and duties for occupational health and safety of all parties in the workplace. These rights and duties include protection for employees from workplace violence and harassment.

What constitutes workplace harassment?

Workplace harassment under OHSA means engaging in a course of vexatious comment or conduct against a worker that is known or ought reasonably to be known to be unwelcome. It can include:

- Unwelcome words or actions that are known or should be know to be offensive, embarrassing, humiliating or demeaning to a worker or group of workers.
- Behaviour that intimidates, isolates, or even discriminates against the targeted individual(s). Common examples are yelling, targeting, gossiping, shunning, slamming doors, throwing objects, profanity and abusive language, and so on.

If the harassment is based on such grounds as age, gender, sexual orientation, sex, marital status, family status, disability, race or ethnic origin, then it may also be a violation of your province's human rights code.

A word of caution

It's important to keep in mind that not all actions and conduct will amount to bullying and/or harassment. Reasonable action or conduct by an employer, manager or supervisor that is part of his or her normal work function is not normally workplace harassment, unless it is done in an uncivil manner.

Examples could include:

- Changes in work assignments
- Scheduling, job assessment and evaluation
- A civil disagreement
- Legitimate performance management
- Implementation of dress codes
- Disciplinary action

It is therefore important to critically assess the nature of the behaviour before concluding that it is harassment or bullying.

While it is difficult to face workplace bullying, realizing that there are places you can turn — i.e. friends, family and now through the law, your employer by way of its obligations to respond to harassment — is a crucial first step.

Where do I go from here?

If you are determined that you're being bullied, what can you do?

- You may wish to report the behaviour to your organization's human resources department. There will likely be a policy on workplace harassment or respectful behaviour in the workplace, which sets out the organization's standards and the process for initiating complaints.
- Your organization will then investigate your complaint, which entails gathering your evidence, the evidence of the alleged bully, as well as the evidence of any relevant witnesses.

PARISA NIKFARJAM IS AN EMPLOYMENT LAWYER WITH RUBIN THOMLINSON LLP. DISCLAIMER: THIS ARTICLE IS FOR GENERAL DISCUSSION PURPOSES ONLY AND SHOULD NOT BE REGARDED AS LEGAL ADVICE.

What's my job again?

Describe so I can thrive. Are you unsure of what your position actually entails? Here's how to hunt down the appropriate answers

DAVID SINGH
life@metronews.ca

If you think about it, job descriptions hold a lot of power. That simple list of bullet points on a job posting will largely determine whether you apply or not. If the right words and phrases are listed, you'll likely proceed with the application.

And let's say you eventually get that job. Now, your expectations heading into your brand new role will be primarily based on that initial job description you so eagerly viewed.

But according to Fiorella Callocchia, a human resources consultant, that's where misconceptions come into play.

"Job descriptions aren't that easy to write," says Callocchia, founder of HR Impact, a company that provides human resources consulting and leadership development services. "No job description can capture every little nuance of the job."

The end result could mean that you arrive at a new job and suddenly find yourself asking, "What did I sign up for?" It could be that the job is either much more or less than what you bargained for.

If you're in this predicament, Callocchia says not to worry. You're not alone.

"It's not unusual for there to be some type of gap between what's in writing and what's actually required," she said. "Until you get there and actually do the job, you don't know."

If you're uncomfortable with your current job duties or lack thereof, Callocchia advises that the most important thing you can do is request a one-on-one meeting with your manager.

Before the meeting even takes place, you need to consider what it is you want.

"Is your objective to help them understand that the expectations far exceed the job descriptions (or vice-versa)?" Callocchia says. "Are you looking for money or are you looking to just get clarification?"

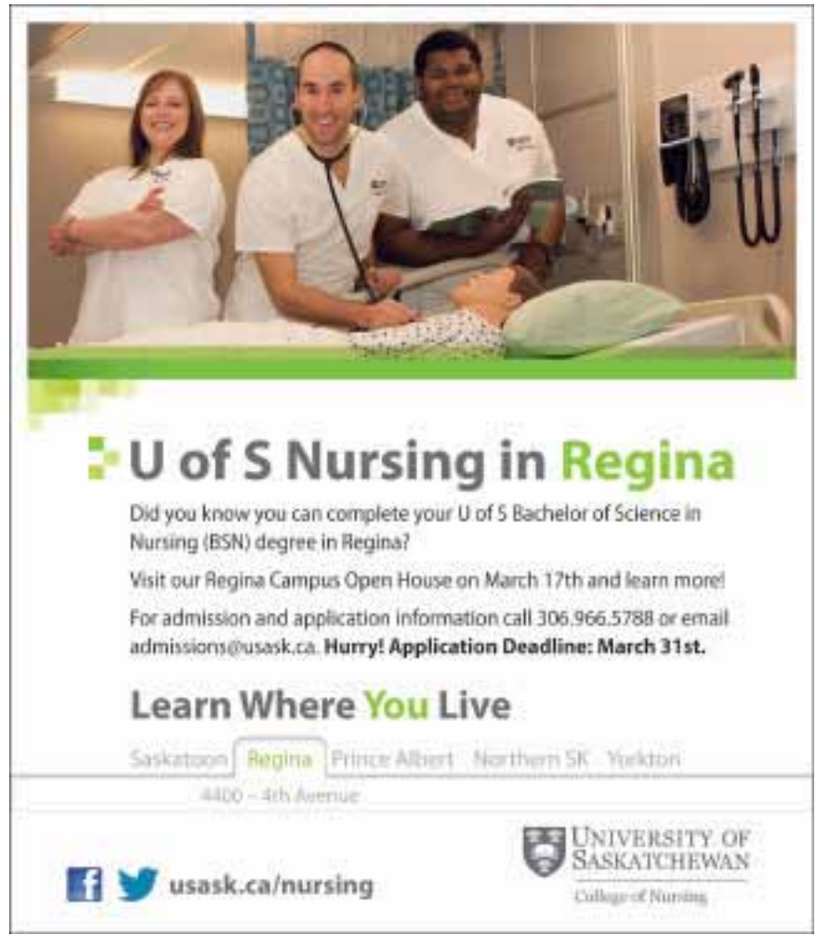
When it's time to meet, be wary of what you say, as you don't want to come across as a whiner.

"Come with potential solutions and ideas on how to solve the problem," Callocchia says. "Companies don't want people that complain. Be constructive and give ideas on how they can make it right. Don't just dump on the manager and say 'Here, solve my problem, you're the manager.' That's not collaboration."

Statement of the union

Addressing the issue of inconsistent job duties in a workplace with a union is very different than in a non-union environment, says Justin Tetreault, associate lawyer with employment/labour law firm Grosman, Grosman & Gale LLP.

- "In a unionized workplace, job duties are usually specifically detailed in a collective agreement," he says. "In a situation where an employee is not being assigned the appropriate tasks, they should speak to their union steward who will be able to initiate a grievance on their behalf."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The ABCs of nabbing some 1,2,3s: money in your post-secondary pocket

Find your financing.
You need brains for your campus endeavours, but you also need some cash

RIANA TOPAN
TalentEgg.ca

Cast your net wide and don't be afraid to shout your need for a little monetary help to the world. COLOURBOX

Everyone knows that school is expensive, which is why there are number of different forms of financial assistance available to students at all levels.

You may not think there's a funding package out there for you, but chances are a little research will show you otherwise.

It can take a bit of digging to find scholarships or grants you're eligible for, but it's a small price to pay for the chance to score some free cash.

Scholarships, bursaries and grants

Scholarships, bursaries and grants are three of the most common application-based sources of funding available to students.

Although all three are monetary awards given to students to help cover education-related expenses, they are usually disbursed according to different criteria.

Scholarships are generally based on merit, bursaries are typically based on financial need and grants are most often awarded for a specific project or program.

How to apply

To find out which awards are available to you, talk to your school's registrar or main administrative office. They should either have information about student awards or be able to direct you to the department that does.

Many schools also host a student award information session at the beginning of the school year to tell students about financial aid offered by the university or college — equip yourself with a pen and notepad and get there early, as seats tend to fill up fast.

After you've checked with your school, do some research online to find out about awards offered by the government, foundations and corporations.

Work-study programs

Many schools offer co-op or work-study programs to give students a chance to gain hands-on experience in their chosen field before they graduate.

How to apply

Check with your department to make sure you're eligible for the program, then ask if it's OK for you to take a paid position and still get course credit.

Once you've got the go-ahead, start contacting potential employers to find out about current opportunities or try talking to students who've already done a placement to see if they know of any paid positions you can apply for.

Be proactive

Once you know what scholarship, bursary and grant opportunities exist, make a list of which ones you plan to apply for and what each application requires. You'll usually need to fill out some kind of form and provide transcripts, letters of reference and possibly an application letter or essay.

- Jot down the deadlines for each application in a calendar or planner and plan ahead to make sure you submit your applications on time – the competition can be pretty fierce and a late application will most likely mean you won't be considered.

This work experience is a great opportunity to position yourself for future employment with a given office or department — it's a great opportunity to show off your skills and build a professional network on campus. Future positions may also have a higher compensation rate than your work-study program. Be sure to work hard and make your interest known.

Internships/ apprenticeships

If your school does not offer a work-study or co-op program, consider applying for an internship or apprenticeship on your own. This is a great way to get relevant work experience in your field and it can provide a (modest) income to help you pay for school.

How to apply

Look for companies or organizations in your area that are connected to your program of study.

Contact the manager or human resources department to express your interest in the work they do and ask if they have any need for an extra set of hands in the coming months.

Be sure to emphasize that you're passionate about what you're studying and you're hoping to learn more about the career you're pursuing by working "in the field."

If you're still struggling to pay for school, consider taking on a part-time job to help you cover your costs. It can feel overwhelming to see your tuition, textbook and living costs add up as you work towards completing a post-secondary program, but there is help out there.

Spend some time doing your research to learn about the funding that's available — you'll have to invest at least a few hours in each award or position you apply for, but it could be well worth your effort in the end.

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1 permanent full time Restaurant Manager,
2 full time permanent cooks (Indian food) and
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*For each location.

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- Salary $14.50/hr; 40 hours a week
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- Basic knowledge of English is required with high school diploma
- must be willing to work shifts and on weekends

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- 2-3 years experience required in similar capacity
  Duties Include:
  Manage day to day activities, supervise and schedule staff, implement operational procedures, resolve customer complaints, hire and train staff, inventory, book parties and catering (determine type of service offered etc)
- Salary $17.50/hr; 40 hours a week
- Benefits provided, 15 days paid vacation & 7 days sick leave
- Fluent English is required with high school diploma

INDIAN SWEET MAKER COOK
- must have 3 years experience making Indian Sweet dishes like burfi , gulab jamun, rasgulla, besan, jalebi etc.
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- Benefits provided, 15 days paid vacation & 7 days sick leave
- Basic knowledge of English is required with high school diploma
- must be willing to work shifts and on weekends

E-mail resumes to harryaneja@hotmail.com Or drop off to 806 Victoria Ave, Regina, SK, Canada S4N 0R6 306.351.4142 or 306.522.1331

Warm up and get your vitamin C fix

Beef and Kale Soup.
The superfood is often associated with being turned into crispy chips, but it also works great in main dishes

DINNER EXPRESS
Emily Richards
food@metronews.ca

FLASH FOOD

From your fridge to your table in 30 minutes or less

START TO FINISH ABOUT 25 MINUTES

This recipe makes three to four servings. EMILY RICHARDS

Kale is a great source of vitamin C and folate, so a little packs a punch.

I love cooking with kale and especially adding it to soups and pastas. Try adding chopped kale to your next batch of any of homemade soups for some added nutrients and flavour.

In this soup, the combination with the beef is perfect and subtle. It makes a hearty soup perfect for a cold winter's night.

If you let the soup cook longer, the kale continues to soften and cook flavour right into the soup. Add a dash of hot pepper sauce at the table for those who may want to add some extra heat to the soup.

Ingredients

- 1 tsp (5 ml) canola oil
- 1 onion, thinly sliced
- 2 cloves garlic, minced
- 1/2 tsp (2 ml) each ground cumin and coriander
- 4 cups (1 l) beef broth
- 2 cups (500 ml) lightly packed finely shredded kale
- 1 striploin grilling steak (about 8 oz/250 g)
- 1 can (19 oz/540 ml) red kidney beans, drained and rinsed
- Pinch freshly ground black pepper

1. Heat oil in a pot over medium heat and cook onion, garlic, cumin and coriander for about 8 minutes or until softened and beginning to turn golden. Add stock and bring to boil. Add kale and cook, stirring occasionally for 5 minutes.

2. Meanwhile, trim any fat from steak and discard. Slice steak into thin strips and cut strips in half crosswise. Add to soup along with beans and pepper and cook, stirring occasionally for about 10 minutes or until kale is tender and steak is slightly pink inside.

Cooking tips

- You can use two boneless, skinless chicken breasts for the beef (sliced and cooked until no longer pink inside). You can also use spinach or Swiss chard for the kale.
- What do you do with leftover kale? Kale chips! They're crispy, low calorie, full of great nutrition, and an easy way to increase your intake of micronutrients.

You don't have to be so kneady

1. Heat the oven to 350 F.

2. Place walnuts in shallow baking dish, then place in oven on the middle shelf to toast 10 to 12 minutes. Set aside to cool.

3. Once nuts cool, in bowl stir with both flours, salt, yeast and rosemary. Add water and stir briefly with wooden spoon, just until dough is barely mixed, about 30 seconds. The dough should be wet and tacky. If it is not, add 1 to 2 tablespoons more water. Cover bowl and let it rise at room temperature for 12 to 18 hours, or until it is more than double in bulk.

4. After the dough has risen, generously sprinkle a work surface with flour and gently, with the help of a plastic bench scraper, scoop out the dough onto the counter.

5. Working very quickly, with floured hands, fold dough inward to centre on all sides to form seam. Turn dough over to form a round with the seam on the bottom. Generously sprinkle a clean kitchen towel with flour. Lay the towel flat on the counter and set the dough on top, seam down. Sprinkle the top of the dough lightly with flour and loosely fold the ends of towel over the dough.

6. Let dough rise in a warm place for 1 to 2 hours, or until almost doubled in bulk. You will know it is ready when you poke the dough and it holds your imprint. If the dough bounces back, it is not ready.

7. About 30 minutes before you think dough is ready, heat oven to 475 F. Put a rack in the lower third of the oven, and place a covered 4 1/2- to 5 1/2-quart casserole dish in the oven to heat.

8. When the dough has risen, carefully remove the casserole dish from the oven and remove the lid. With the aid of the tea towel, flip the dough gently, seam side up, into the casserole, put the lid on the casserole and return it to the oven. Bake for 30 minutes. Carefully remove the lid and bake until the bread has browned nicely, another 15 to 30 minutes.

9. Remove the casserole dish from the oven and use a spatula or dish towel to carefully transfer the bread to a rack to cool completely before slicing. THE ASSOCIATED PRESS/ SARA MOULTON AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.

This No-Knead Walnut-Rosemary Bread recipe makes one loaf of bread.
MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 1/2 cup (50 g) coarsely chopped walnuts
- 2 cups (266 g) bread flour
- 1 cup (133 g) whole-wheat flour
- 1 1/4 tsp (8 g) table salt
- 3/4 tsp (2 g) instant or rapid-rise yeast
- 2 tbsp (6 g) chopped rosemary
- 1 1/3 cups (350 g) cool water (55 F to 65 F)
- Additional flour, wheat bran or cornmeal, for dusting

Roberto Luongo is on the outs in Vancouver after the Canucks traded him to the Panthers on Tuesday. GETTY IMAGES FILE

A new Sunrise

NHL. Luongo era in Vancouver ends with trade to Panthers

The Vancouver Canucks traded goaltender Roberto Luongo to the Florida Panthers, on Tuesday ending a roller-coaster saga that has gone on for almost three years.

Luongo's unhappiness in Vancouver since the 2011 Stanley Cup final included being usurped as the starter by Cory Schneider, demanding to be traded, complaining that his $64-million US, 12-year contract "sucks" and seeing Schneider being dealt away.

Coach John Tortorella added another chapter by choosing not to start the 34-year-old in last weekend's Heritage Classic, opting to go with Eddie Lack.

Now Lack could split duties with Jacob Markstrom, acquired from the Panthers as part of the Luongo deal along with forward Shawn Matthias.

ECHL-based forward Steve Anthony also heads to Florida.

"This caught me off guard," Luongo said, as quoted by the Canucks on Twitter in a post that was then quickly deleted. "But I'm excited. I'm going home."

Luongo returns to the Panthers with eight years left on his deal beyond this season. The Montreal native makes his off-season home in South Florida. THE CANADIAN PRESS

Also on the move

- Minnesota acquired goaltender Ilya Bryzgalov from Edmonton in exchange for a fourth-round draft pick. Edmonton then traded for netminder Viktor Fasth from Anaheim for a fifth-round pick this year and a third-round selection in the 2015 draft.
- The New York Islanders sent defenceman Andrew MacDonald to Philadelphia for a pair of draft picks and minor-league centre Matt Mangene.
- Washington acquired forward Dustin Penner from Anaheim for a fourth-round pick in this year's draft.
- Montreal acquired defenceman Mike Weaver from Florida in exchange for a fifth-round pick in 2015.

Not a lot of wiggle room

$1M

Dave Bolland
GETTY IMAGES

According to the CapGeek.com salary cap website, 8 teams have no actual cap space and can only add players using long-term injured reserve allowance space. The Toronto Maple Leafs are close to that and are expected to have about $1 million available once they activate Dave Bolland off LTIR.

Lance Armstrong

SCA recovery bid of $12M will have to wait

A Texas appeals court has temporarily blocked an arbitration panel from reviewing $12 million in bonuses paid to Lance Armstrong by a company that wants its money back, stopping efforts to force him to give new sworn testimony about his doping past.

SCA Promotions has sought to reopen a 2006 settlement paid to Armstrong since his 2013 admission to using performance-enhancing drugs during his cycling career to win the Tour de France.

THE ASSOCIATED PRESS

Spring training

Lee outduels Dickey but Blue Jays top Phillies

Cliff Lee gave up a run in three innings, outpitching fellow Cy Young Award winner R.A. Dickey, but Adam Lind and Dan Johnson each homered for the Toronto Blue Jays in their 5-3 victory over the Philadelphia Phillies on Tuesday night.

Lee, the 2008 AL Cy Young winner with Cleveland, allowed three hits and struck out two. He matched up against the 2012 NL winner — with the New York Mets — for the second time in six days. Dickey yielded three runs and four hits in four innings of his second spring start. He struck out two and walked three.

Lind connected off right-hander B.J. Rosenberg with two outs in the fourth inning.

Marlon Byrd hit an opposite-field homer in the third off Dickey.

THE ASSOCIATED PRESS

Morris knows he has more work to do

B.C. skip John Morris gestures during his win over Northwest Territories/Yukon on Tuesday in Kamloops, B.C. ANDREW VAUGHAN/THE CANADIAN PRESS

It's good to be No. 1 but John Morris and his B.C. rink weren't looking too far ahead as the Canadian men's curling championship enters the home stretch of round-robin play this week.

"We've still got four more games," he said after disposing of New Brunswick 9-3 in the afternoon draw Tuesday at the Tim Hortons Brier.

"We're just looking at the next team and try and trying to make sure we get our rocks down for the next game. You can't look ahead or you'll lose focus ... and that's when teams start coming up and biting you."

B.C. (6-1) beat Jamie Koe of the Northwest Territories/Yukon 7-2 in the morning draw and, at least until the evening draw, were alone at the top of the standings.

Kevin Koe of Alberta (5-1) disposed of Jeff Currie from Northern Ontario (2-5) as well in nine ends by the same 9-3 margin. Koe was alone in second and Saskatchewan's Steve Laycock sat fourth at 4-1.

THE CANADIAN PRESS

Evening draw

Alberta's Kevin Koe was set to face Saskatchewan's Steve Laycock in the evening draw. Go to metronews.ca for results.

Automakers to take bite of Apple's new system

CarPlay. Technology giant's attempt to infiltrate the inside of your vehicle is impressive and 'kind of a big deal'

AUTO PILOT
Mike Goetz
drive@metronews.ca

"I don't know how to put this, but I'm kind of a big deal."

Ron Burgundy said that in Anchorman, but you get the feeling Apple might say that too, though not too loudly, at this week's auto show in Geneva, as several show vehicles from Volvo, Ferrari and Mercedes-Benz are set to debut and demonstrate Apple's CarPlay.

CarPlay is Apple's way of infiltrating its operating system (OS) into the nerve centre of the automobile — it will allow you do everything you could do with your iPhone while driving, but through the vehicle's built-in infotainment display.

Net result: the vehicle's display will feature recognizable Apple icons for music, phone, messages, navigation, etc. Volvo is introducing its new user interface on a concept displayed at Geneva, but the first production Volvo to feature it will be the all-new Volvo XC90 coming later this year — touted as the first vehicle to offer CarPlay.

According to Apple's website, Hyundai, Jaguar and Honda will join Volvo, Ferrari and Mercedes-Benz as the first six automakers to offer upcoming 2014 vehicles with CarPlay.

A whole bunch of other automakers also committed to roll out CarPlay, but a little further down the pike.

Apple says CarPlay can be operated with whatever controls the vehicle is equipped with, be they touch-screen, voice, rotary, or even a "joy stick" system like BMW's infamous iDrive.

No doubt that all the car makers, and the tech companies with a vested interest like Google and Apple, are trying to give us all this great stuff with the easiest and safest interfaces possible, but the possibility of increased driver distraction is something that will always doggedly follow the technology.

There is just so much of it.

And there's the catch 22 of when it's easier to use and blazingly beautiful, you just end up using it more. Like downing a bucket of low-cal ice-cream — good it's low-cal, but overall more bad because it's a whole bucket.

Reports are circulating that the U.S. vehicle transportation safety agency, NHTSA, is worried about the increasing number of Americans getting killed in crashes involving a distracted driver, and is considering a ban on certain kinds of complex infotainment controls. "Joy stick" systems, for example, require an extra level of eye scanning, because the control device is not directly beside the display.

Volvo's new iPhone-friendly dash. COURTESY OF VOLVO

NHTSA may also have a concern with touch screens — they are notorious for delays and false entrees, leaving drivers wondering — and distracted — about if they actually achieved their desired selection.

"There is a reason jet cockpits don't have touch screens," said Greg Horn, who follows industry trends for Mitchell, a leading supplier of tools and training programs for the auto industry.

"You have this tactile switch. You are instantaneity aware that you have pushed that button, and the function is complete."

Horn also noted that Lincoln's new MKC is actually backing away from touch screens a bit, by having a few more rotary knobs than the previous version of Lincoln MyTouch.

All said, I am looking forward to CarPlay, and I will try to not lose my head or get too distracted when I inevitably encounter Apple's spinning pinwheel of death.

Ridgeline is flexible but check transmission

Second gear.
2006-2013
Honda Ridgeline

JUSTIN PRITCHARD
drive@metronews.ca

Though it likely won't haul a skid of roofing shingles to a job site or climb the side of a mountain, Ridgeline earned a loyal following by offering functionality to meet the needs of light-duty pickup shoppers who also needed a highly functional and flexible vehicle for day to day use.

It's an ideal vehicle for family hauling, camping, pet transportation or anyone interested in outdoor sports—thanks to a clever, flexible design ideology that manifested itself in the form of an incredibly versatile interior, generous on-board room and the famous under-bed trunk.

Common issues

Engage Ridgeline's 'VTM-4 lock' mode (which locks the 4x4 system for added traction), ensuring the indicator lights up quickly and that no blinking lights or warning messages are displayed. Do this several times to be sure the system is working properly. Be certain to have a mechanic inspect the fittings which connect the radiator to the transmission cooler for signs of a common excessive corrosion issue. A new radiator or fittings may be the solution if excessive rust is discovered. If the fittings on the unit you're considering are in good shape, a coating with an appropriate rust inhibitor is advisable to prevent future corrosion. Though not overly common, cracks or failure of the rear differential housing and carrier have been reported. Add this to the list of areas you'd like a mechanic to inspect ahead of your purchase. Vibrations or a 'shaking' sensation felt while cruising at speed or accelerating could be caused by a variety of issues—including improperly-torqued lug-nuts, bad CV joints, axles or even the electronic throttle control system.

What owners like

Ridgeline shoppers typically rave about unbeatable flexibility, great wintertime traction, relatively capable off-road performance for light to moderate trails, and a car-like driving experience. Plenty of interior space, a commanding driving position and relatively easy entry and exit round out the package.

What owners dislike

Complaints include limited all-around visibility, which is partially impeded by thick door pillars. Many owners wish for a longer rear box, saying that an accessory bed extender is needed to transport longer items in the back of the Ridgeline.

Engine

The powertrain department contains a 3.5 litre VTEC V6 engine, automatic transmission and automatic four-wheel drive with a driver-selectable locking mode.

The verdict

Ridgeline's functionality, confidence, room and flexibility are its most appealing attributes, and common issues should be easily identified in a pre-purchase inspection if present. With a mechanical thumbs-up, you'll likely enjoy it for years.

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Horoscopes

♈ Aries
March 21 - April 20
Today's cosmic set-up is fortunate, but only if you are prepared to get out into the world. You know the saying: It's not so much what you know that matters as who you know.

♉ Taurus
April 21 - May 21
Now is the time to prove yourself. With your ruler Venus moving into the career area of your chart, you will impress people of power with ease — if you make the effort.

♊ Gemini
May 22 - June 21
Venus, planet of emotional and material values, moves in your favour today, making it necessary to think about who and what means the most to you. You know the answer already, but remind yourself.

♋ Cancer
June 22 - July 23
Everything is going so well for you at the moment that you may get a bit suspicious and wonder if it's some kind of cosmic trick. Nothing could be further from the truth. This is a genuine lucky streak, so enjoy.

♌ Leo
July 24 - Aug. 23
Venus, planet of love, moves into the relationship area of your chart today, so anything of a partnership nature will go well. No matter how busy you may be, take time to remind that one special person how much they mean to you.

♍ Virgo
Aug. 24 - Sept. 23
Remember it's quality, not quantity, that counts. If you keep that point in mind today, everyone will praise you for a job well done. If you try to do too much you'll please no one.

♎ Libra
Sept. 24 - Oct. 23
Too often in the past you have lacked the confidence to follow through on an idea. Now, you will look and act as if you can't fail. And you won't.

♏ Scorpio
Oct. 24 - Nov. 22
Venus, the planet that helps smooth over difficulties, moves into the domestic area of your chart today. Use its influence to reorder your home life in ways that suit your needs.

♐ Sagittarius
Nov. 23 - Dec. 21
You can get through twice as much work in half as much time as you usually do today. But don't spend all your time on everyday chores because this is also an aspect that increases the fun factor.

♑ Capricorn
Dec. 22 - Jan. 20
This should be a productive day but there is a danger that in your haste to show what you can do, you will take on too many tasks. Focus on the one thing you are great at.

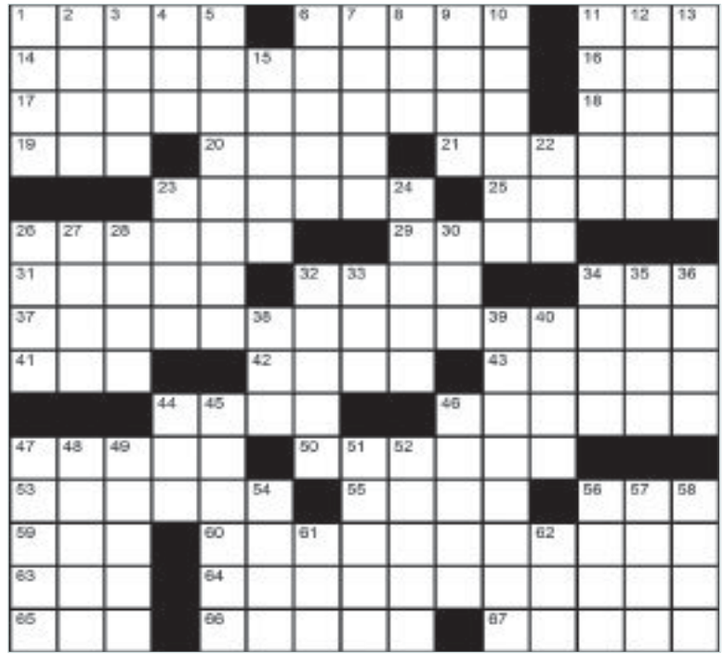
♒ Aquarius
Jan. 21 - Feb. 19
There is nothing you cannot do. With Venus, planet of harmony, joining Mercury in your sign today doors will open as if by magic and heads will turn as you walk down the street. You're worth watching.

♓ Pisces
Feb. 20 - March 20
If someone is in trouble today you will ride to their rescue, no questions asked. While it's good of you to be generous with your time, you must be careful about how you use your money. And remember, it is YOUR money. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



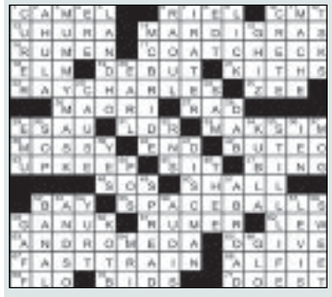
Across

1. Note hit by a soprano, __ _
6. Gene Pitney's "Twenty-Four Hours from __"
11. Colorado NHL players, to fans
14. Shakespeare comedy: 4 wds.
16. Sass
17. The Pursuit of Happiness song: 3 wds.
18. Jeanne d'Arc, e.g.
19. _ __ Z
20. Chess pieces, e.g.
21. Sandra Oh's Ontario birthplace
23. His-and-Her clothing
25. Microwaved
26. Equilibrium
29. Exuberance
31. Rice dish
32. Height: Prefix
34. Court game org.
37. Second Cup, for example: 3 wds.
41. Comic actress Ms. Gasteyer
42. Peace, in Paris
43. "_ __ had time to..." (There was extra time, so...)
44. Dave Clark Five's "Catch __ __ You Can"
46. Ms. Danes
47. Chicago airport
50. Set up
53. St. __ Canadian Memorial, in Belgium
55. Middle East country
56. Potsie's portrayer ...his initials-sharers
59. Blood-typing letters
60. Toffee brand in the tartan wrapper
63. "__ out!" (Ump's call)
64. Barenaked Ladies singer: 2 wds.
65. Jrs. dads
66. Songstress, Taylor __
67. Playwright Eugene O'Neill's daughter's namesakes

Down

1. Chuckling sounds
2. Help __ __ hand
3. Sandwich sort
4. Brick carrier
5. Saskatchewan town that is home to the 'World's Largest Tomahawk': 2 wds.
6. Inclines
7. Imperial decree
8. Romanian currency
9. Stop __
10. Greek goddess
11. Tatshenshini-__ Park, in northwestern BC
12. 'V' of CV
13. Buy
15. Actress Ms. Anderson's
22. Fun-rhymer
23. The States fliers, commonly
24. Photocopy
26. Shelter gr.
27. Common noun suffix
28. Racing's Romeo
30. Prune
32. "Have _ __ trip home!"
33. Phi's Greek alphabet follower
34. "Avatar" (2009) species
35. Casket stand
36. Green Gables girl
38. Prefix meaning 'Over'
39. Soapy-tasting-to-some herb
40. Hatful
44. Mr. Geller
45. Appeared
46. Construction site sight
47. "Back Stabbers": 1972 hit by The __
48. Journalist/broadcaster, Karina __
49. Then: French
51. Camera company
52. "The __ has spoken." - Jeff Probst, "Survivor"
54. Zilch
56. PGA part [abbr.]
57. Nelly Furtado's 2000 debut album: '__, Nelly!'
58. American SINs equivalents
61. Sob
62. Ear: Prefix

Yesterday's Crossword



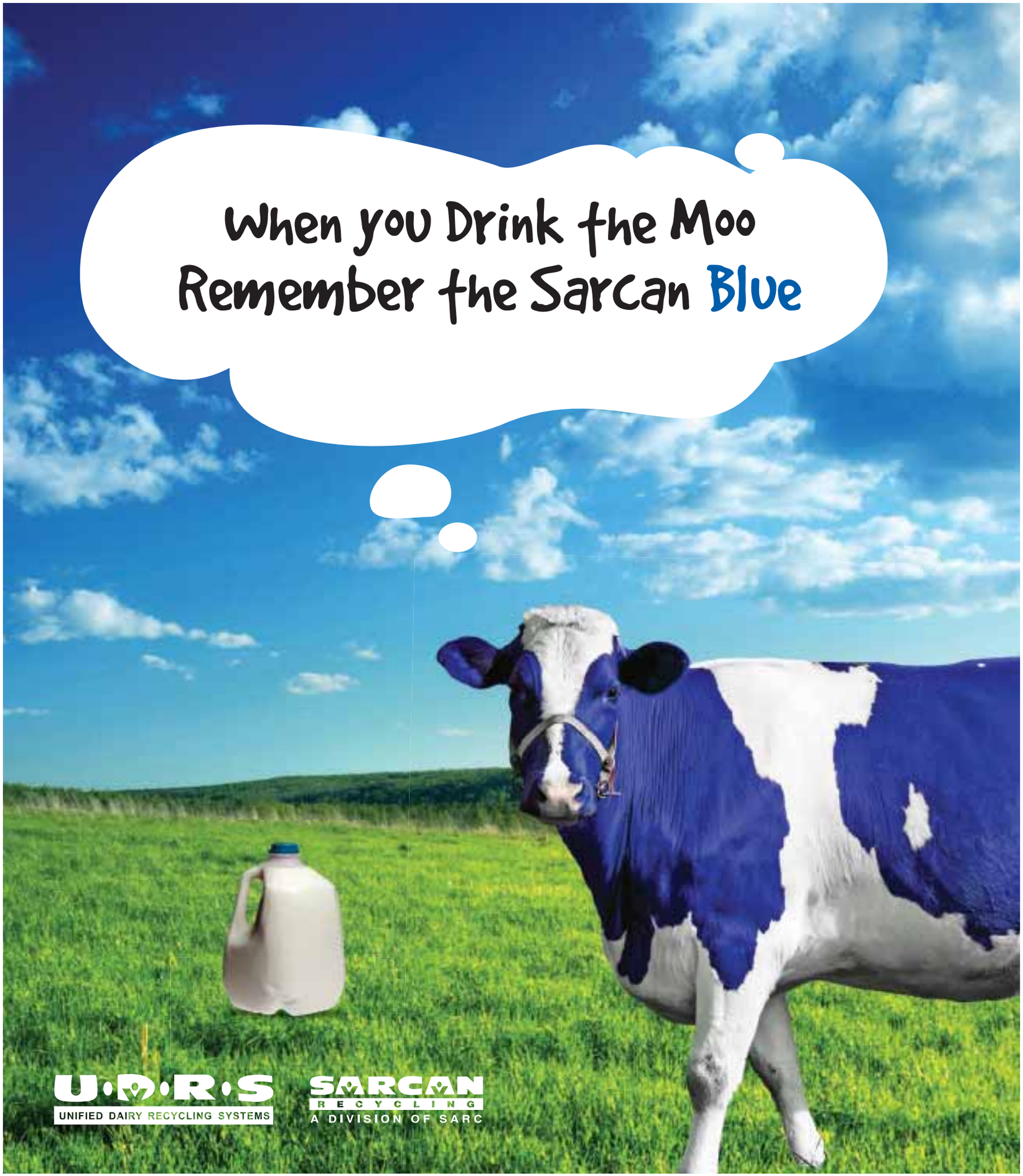
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

5	9	3	7	1	8	6	4	2
2	8	1	6	4	5	7	3	9
7	4	6	9	2	3	8	5	1
9	3	5	8	7	4	1	2	6
4	6	2	1	5	9	3	7	8
1	7	8	3	6	2	5	9	4
8	5	9	2	3	1	4	6	7
3	2	7	4	8	6	9	1	5
6	1	4	5	9	7	2	8	3

5					1	7	6	
	9			6		2	4	
8			3					9
				2			3	1
		5				6		
1	6			5				
6					3			2
	4	7		1			9	
	1	2	5					6


When you Drink the Moo
Remember the Sarcan Blue
U·M·R·S
UNIFIED DAIRY RECYCLING SYSTEMS
SARCAN
RECYCLING
A DIVISION OF SARC